



## Springdale Senior Activity & Wellness Center • October 2019 • Newsletter

### Address:

203 Park Street  
Springdale, AR 72764

**Phone:** (479) 751-1521

### Director:

Lori Proud

### Program Assistant:

Rhonda Wolfe

### Hours of Operations:

Monday-Thursday

8:00am-4:00pm

Friday

8:00am-2:00pm

Lunch served Mon-Fri

11:30-12:30

Dinner Served Thursdays

5:00pm-5:30pm

**Join us for...FOOD,  
FELLOWSHIP  
and FUN!!!**

**Lines from Lori:** Boo to you! This is my favorite time of year. I love the weather and how things start to slow down, but not here at Springdale Senior Center because..." If you rest you rust!" We have a full month of FUN planned for you. So get movin'!!!

Thank you to the 60 plus volunteers who gave up a Saturday to help us with the Poker Run. There are not enough words to tell you how grateful I am for ALL of you. When we each do our share it makes a difference and helps keep our Center up and running. Because of your efforts we succeed.

I would like to say a big THANK YOU to the ladies at the desk. It is a thankless, but much needed job. They give many hours to our Center, and cards being scanned is one of the major ways our Center gets its funding. This month tell them thank you for what they do!

Senior Center **Fun** day!!! **October 15**

**\$5.00** Lunch **11:30** and Bingo **12:00**

You **MUST** pre-purchase you ticket  
from the office.

Lunch choice will be **street tacos** or  
**loaded nachos** and **ice cream**.

# Silver Sneaker Exercise Classes

Are you ready to try Silver Sneakers Exercise Classes???

## Monday

Weight Machines 12:30 p.m. /

Silver Sneakers 1:00 p.m. / Circuit 2:00 p.m.

## Tuesday

Boom Move 8:45 a.m. / Silver Sneakers 9:45 a.m./ Yoga 10:45 a.m. /

Tai Chi 12:30 p.m.

## Wednesday

Weight Machines 12:30 p.m. /

Silver Sneakers 1:00 p.m. / Circuit 2:00 p.m.

## Thursday

9:15 a.m. Weight Machines / Circuit 9:45 a.m. / Silver Sneakers 10:45 a.m. / Yoga 11:30 a.m.

**Not Sure what works for you?...Come 5 minutes before a class and talk one on one with Cindy and she will hook you up!**

## Exercise Class Descriptions...

**Weight Machines:** Enjoy fun conversation and resistance machines.

**Silver Sneakers:** Basic low intensity workout with fun music, hand weights and resistance bands. This class is performed seated and/or standing and is for anyone and everyone.

**Circuit:** Moderate intensity cardio with intermittent weight bearing exercise. This class is performed in a standing position.

**Boom Move:** Dance based, upbeat tempo exercise for active adults. Lively music and upbeat footwork.

**Yoga:** Slow-paced stretching and flexibility focusing on balance , agility and core strength.

**Tai Chi for Arthritis:** Helps to improve arthritis while focusing on a broad range of physical impairments. Increases mobility, flexibility & reduces pain & stiffness.

**Wednesday's**

**Crochet for everyone...**

**Bring a project you are  
working on or come  
learn and we will have  
supplies for you.**

**1:00pm**

**Line dance  
lessons each**

**Wednesday**

**9:00-10:00**

**JPA Annex**

## Springdale Senior Center

Senior food give away

Friday, October 11

8:00am-10:00am

Must bring ID

This is for any

Senior 60 and over.

Wanting to learn

Party Bridge or already know  
how to play.....

Join us each Wednesday  
at 12:30

If you partake in the  
produce giveaway  
think of a way to  
support your  
center...Eat lunch,  
attend exercise, drop  
a few \$\$\$ in jug on  
the desk.

Jewelry Making in the  
Art Room

Thursday Oct. 10

9:30am

Have jewelry that  
needs repaired  
bring it!

Karaoke &

Game Night

Tuesday Oct. 1

6:00pm

Come listen or sing

For Apollo movie

be here at 12:15 Oct. 1.

We will shuttle you  
down for movie.

Must sign up with Lori.

# Springdale Senior Center



**Halloween Extravaganza**  
**Wednesday October 31,**  
**Dress Up!!!**  
**Lunch & Spooktacular**  
**Bingo at 12:30**

**Dress Up!!! \$1.00 Per Card**

**Dress Up!!!**

**\$100.00 Aldi Gift Certificate for**  
**best costume! Dress Up!!!**

**Did you know what**  
**Humana Gold HMO is?**  
**Roberta Simon**  
**will go over the benefits and**  
**extras of this Medicare**  
**Advantage plan...**

**Oct. 23-10:00am**

**Oct 24-1:00pm**

**Oct.30 -10:00am**

**Oct. 31-1:00pm**

# Springdale Senior Center

## **Bible Study with Charlie Foster**

**11:00 AM**

**October 9 and 23**

**Everyone Welcome!**

## **TOPS**

(Taking Off Pounds Sensibly)  
invite you join them  
every Friday 9:00am  
in the JPA Annex.

Come join a FUN group  
who is all about encouraging  
each other!

## **Casino Bound**

**Monday Oct. 28 leave at 8:30**

**Join us for..an Elegant Evening**

**Senior Prom 2019 Friday October 11**

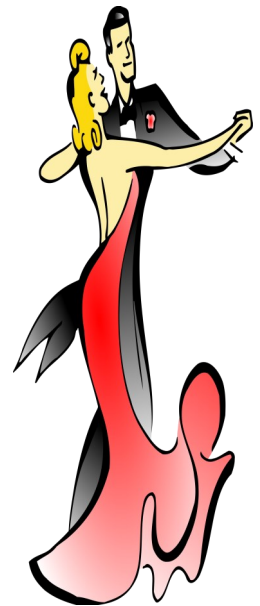
**Doors open 5:30pm Dinner 6:00pm**

**Dancin' with Tulare Dust**

**\$5.00 per person you MUST pick up ticket from office!**

**Sunday best to...formal!**

**This s the best night of the year!**





## Senior Center Taxi

**Our Senior Center Vans run from**

**Monday-Thursday 8:00 a.m. until 3:30 p.m. Friday-8:00am-1:00pm**

**Don't worry about the price of gasoline or where to park. Let us pick you up, take you where you want to go, and home again.**

If you are 60 years of age, or older, affordable transportation is available to you. Transportation on the Sr. Center van is available by calling **751-1521**.

We provide transportation to anywhere you want to go in Springdale and limited Fayetteville areas , assist you with your packages and escort you to your door. **The charge is a donation.** The suggested donation is \$4.00 per trip. Leave the driving to us!

# October Activities Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> 9:30 Bunko 12:15 Baseball 6:00 p.m. Karaoke & Game Night	<b>2</b> 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 12:30 CARD GAME	<b>3</b> 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	<b>4</b> 8:00 a.m. TOPS (JPA) 9:30 BIRTHDAY BASH 12:15 p.m. Baseball
<b>7</b> 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	<b>8</b> 9:30 Bunko 12:15 Baseball 6:00 p.m. Old Time Fiddlers (JPA)	<b>9</b> 9:00 Line Dancing (JPA) 10:00am Gospel Sing 12:30pm CARD GAME	<b>10</b> 8:30 a.m. Pool Tournament 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	<b>11</b> 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
<b>14</b> 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	<b>15</b> 9:30 Bunko 12:15 p.m. Baseball 6:00pm Country Your Way	<b>16</b> 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 12:30 CARD GAME	<b>17</b> 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	<b>18</b> 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
<b>21</b> 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	<b>22</b> 9:30 Bunko 12:15p.m. Baseball 6:00pm Country Your Way	<b>23</b> 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 12:30 CARD GAME	<b>24</b> 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	<b>25</b> 8:00 a.m. TOPS (JPA) 9:30 Bunko 12:15 p.m. Baseball
<b>28</b> 10:00 a.m. Music 10:30 a.m. Bingo 12:30 CARD GAME	<b>29</b> 9:30 Bunko 12:15p.m. Baseball	<b>30</b> 9:00 Line Dancing (JPA) 10:00 a.m. Gospel Sing 12:30 CARD GAME	<b>31</b> 9:30 a.m. Southern Gentlemen 12:30 p.m. Bingo 5:00 p.m. Game Night, Bingo & Jam	





# October Menu



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Beef Stroganoff Rice Broccoli Bread, Dessert	2 Smoked Sausage Sauerkraut Mac & Cheese Mixed Veggies Bread & Dessert	3 Mexican Chicken Corn Nuggets Fruit Bread & Dessert	4 Fried Fish Fries Coleslaw Bread & Dessert
7 Chicken Parmesan Noodles Tuscan Veggies Bread & Dessert	8 Hamburger Fries Baked Beans Dessert	9 Tater Tot Casserole Squash Medley Fruit & Cottage Cheese Bread, Dessert	10 Pork Roast Parslied Taters Peas & Carrots Bread & Dessert	11 Chicken Tenders Smashed Taters Green Beans Bread, Dessert
14 Chicken Fajitas Spanish Rice Corn Dessert	15 <b>Senior Center</b> <b>Funday</b> <b>MUST</b> <b>PRE-PURCHASE</b> <b>LUNCH TICKET</b>	16 Chicken Salad Pasta Salad Fruit Salad Bread, Dessert	17 Brisket Hash Brown Casserole Green Beans Bread, Dessert	18 Grilled Bologna Mac & Cheese Mixed Veggies Bread, Dessert
21 B-B-Q Pork Sandwich Sweet Tater Fries Peas Dessert	22 Beef Tips Rice Corn Bread & Dessert	23 Baked Ham Sweet Tater Casserole Black-eyed Peas Bread, Dessert	24 Salisbury Steak Smashed Taters California Veggies Bread, Dessert	25 Cranberry Chicken Noodles Carrots Bread, Dessert
28 Frito Pie Onion Rings Corn Dessert	29 Ham & Beans Batter Bites Stewed Tomatoes Bread & Dessert	30 Sloppy Joe Fries Mixed Veggies Dessert	1 Spaghetti Italian Veggies Spiced Peaches Bread	

# Springdale Senior Center

Lunch & Movie with  
Lori & Rhonda  
Tues. Oct. 8 leave at 10:45  
Sign up at office.

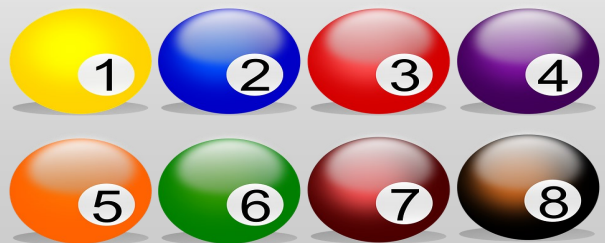
Join us for BUNKO fun!  
Every Tuesday &  
2nd, 3rd & 4th Friday  
9:30am  
It's the dice game  
ANYONE can play!

Painting ...  
with Marie.  
Every Friday  
10:00 a.m.  
All supplies provided.  
Space is limited.



Birthday Bash   
Friday Oct. 4  
9:30 a.m. Music by  
Sunset Trio  
11:00 Birthday Cake  
and Bingo  
(must eat lunch to play)

Pool Tournament  
8:00 a.m. Thurs.  
Oct. 10



Thursday Night Jammin Jam  
First and third Thursday Bring Finger Food other  
Thursdays Hotdogs 5:30pm Bingo 6:00pm Jammin  
Jam come sing or play an instrument.

## Computer Class

**Tuesdays**

**9:00-10:00**



**Basic Computer Skills,**

**Facebook & Emails**

**Sign up with  
Lori to attend!**

Save the date...

All Aboard the Arkansas  
Missouri Railroad Nov. 6

See Lori for tickets

— — — — —

Nov. 8 Gospel Fest &  
Pie Auction

# Springdale Senior Center

## Chuckle Corner

### Springdale Senior Center Council

Jean Griesing  
Gene George

Linda Williams  
Bill Drake

WC Grimes  
Diana Osborn

Lonnie McClure  
DeeAnn McClure  
Patty Lewis  
Linden Lewis

Ron Mueller  
Ginger Mueller

Evelyn Provost  
Winnie Paul  
Cherie Ressler

Louise Lorenz

#### Springdale Senior Activity Center

Average Congregate Meal Cost: \$5.51

Average Meals on Wheels Cost: \$6.15

Transportation One Way Trip Cost: \$11.85

All client information is kept

**CONFIDENTIAL.**

#### WHAT WE DO...

Springdale Senior Center is a place that serves a nutritious lunch to more than 300 seniors daily. Meals on Wheels operates out of our Senior Center and we provide transportation to Seniors. The center is a place for active seniors wanting to meet other seniors, volunteer opportunities, go on trips, socialize, use the computer, listen to music, play games, dance, & dinner outings. The opportunities are endless. So, what are you waiting for?

**HIP HIP HOORAY  
HALLOWEEN IS NEAR  
IT'S NOT THE GHOULIES  
GHOSTIES OR MONSTERS I FEAR  
IT'S THE 10 LBS OF CANDY  
THAT WILL GO TO MY REAR**



**OH DEAR**

#### ATTENTION CLUBS!!!

The Springdale Senior Activity Center is actively seeking Bridge, Bunco, Mahjong players, support groups, or other clubs to meet in our beautiful facility. We are located at  
203 Park St. Springdale, AR 72764

**Springdale Senior Center  
is pleased to receive  
program funding from:**

Schmieding  
Foundation



**Be the person  
that makes others  
feel *special*.  
Be known for  
your *kindness* and  
*grace*.**